

Is My Child Dysregulated?

Check List:

Dysregulated mood refers to a pattern of behaviour in your child that presents often as irritable and angry, and who has frequent intense temper tantrums and outbursts.

These behaviours can occur several times a week or even more! This is usually interspaced with times when the child is otherwise in a good mood. This can be very confusing, as these moods can present as completely out of the blue and random. These dramatic and extreme changes in mood often lead to problems at home with parents and siblings, and also in other places such as school with teachers and classmates.

Anxiety and Worry

- Your child appears worried and anxious throughout the day.

Impulsive behaviours

- Your child may demonstrate impulsive behaviours, with no obvious thought of consequences

Aggression

- Your child shows aggression, such as yelling, hitting, throwing things.

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Tantrums

- Tantrums can appear out of the blue, with no obvious reason behind them

Frustration

- Your child may have low tolerance for frustration, they are easily frustrated

Outbursts

- Outbursts that can appear spontaneous and out the blue

Irritable

- Your child gets irritated easily

Engagement

- Refusal to engage in expected behaviours / activities. When having a meltdown, it can seem impossible to 'distract' your child from their current mindset.

Crying and whining

- Your child frequently cries. They appear to cry a lot more than other children you have been around. It can appear as excessive crying and whining.

Moods

- Frequent negative moods. Your child's moods appear to be constantly up and down, they never seem to be just calm.